



Ground Beef Chinese Casserole

READY IN



90 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 cup celery diced
- ☐ 5 ounce chow mein noodles canned
- ☐ 0.7 cup colby-monterey jack cheese shredded
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black

- ☐ 0.5 cup mushrooms sliced
- ☐ 2 tablespoons soya sauce
- ☐ 0.8 cup water

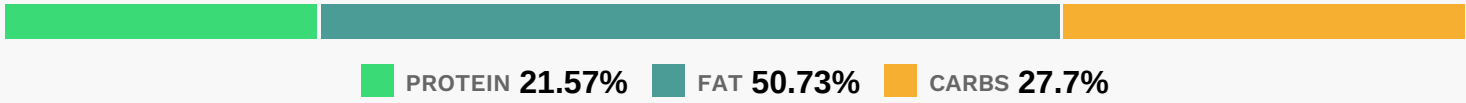
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Stir beef, mushroom soup, celery soup, water chestnuts, celery, water, Monterey Jack cheese, almonds, mushrooms, soy sauce, and black pepper together in the prepared baking dish. Cover dish with aluminum foil.
- ☐ Bake in preheated oven for 45 minutes.
- ☐ Remove aluminum foil and sprinkle chow mein noodles over the top of the casserole. Continue baking until the casserole browns around the edges, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:16.652608674505%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 472.79kcal (23.64%), Fat: 26.76g (41.17%), Saturated Fat: 9.69g (60.58%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 28.32g (10.3%), Sugar: 3.44g (3.83%), Cholesterol: 72.98mg (24.33%), Sodium: 1251mg (54.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.2%), Zinc: 4.71mg (31.42%), Vitamin B12: 1.83µg (30.45%), Manganese: 0.57mg (28.56%), Phosphorus: 272.36mg (27.24%), Vitamin B3: 4.87mg (24.35%), Selenium: 15.67µg (22.39%), Vitamin E: 3.35mg (22.36%), Iron: 3.96mg (21.98%), Vitamin B2: 0.36mg (21.42%), Vitamin B6: 0.42mg (20.85%), Copper: 0.39mg (19.67%), Fiber: 4.54g (18.18%), Calcium: 158.25mg (15.82%), Potassium: 537.95mg (15.37%), Vitamin K: 15.73µg (14.98%), Magnesium: 51.61mg (12.9%), Vitamin B5: 1.28mg (12.75%), Folate: 27.43µg (6.86%), Vitamin A: 316.36IU (6.33%), Vitamin B1: 0.09mg (6.14%), Vitamin C: 1.55mg (1.88%), Vitamin D: 0.17µg (1.11%)